

# Give your loved ones a lasting gift:

## Quit Tobacco For Life.

Smokers are more likely to develop heart disease and are at an increased risk for heart attacks. Quitting tobacco can significantly decrease this risk.

When you partner with the Quit For Life® Program, we'll provide the knowledge, tools and support you need to quit for good.

Celebrate American Heart Health Month by giving yourself the love you deserve. **Enroll today.**

**1.866.QUIT.4.LIFE** (1.866.784.8454)  
**[www.quitnow.net](http://www.quitnow.net)**



Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

